THE SOVARA EXPERIENCE™

Identity Alignment Assessment

A Reflection & Identity Reclamation Workbook

Welcome

This assessment is designed to help you evaluate whether the life you have built still reflects the woman you are becoming. Answer honestly and with curiosity. Awareness is the first step toward lasting transformation.

Does my life reflect who I truly am today?

Consider your career, relationships, priorities, values and lifestyle.

Coach's Insight

Alignment begins with honesty. You cannot change what you refuse to acknowledge.

Where do I feel most alive?

Reflect on moments when you feel energized, peaceful and fully yourself.

Coach's Insight

Energy is information. Notice what expands you and what depletes you.

What parts of myself have I hidden?

Think about your voice, dreams, opinions, boundaries and authenticity.

Coach's Insight

The woman you've become no longer needs to hide to belong.

If I trusted myself completely...

What would I choose? What would I stop tolerating? What decision would I finally make?

Coach's Insight

Self-trust grows every time you choose your truth over approval.

Executive Integration

What are your three biggest insights? What is one courageous action you will take this week?

Identity Declaration

Write the qualities of the woman you are choosing to become.

Sovara Identity Alignment Declaration

I choose alignment over obligation. I trust myself. I honor my voice. I release identities that no longer serve me. I choose to become more fully myself every day.

Closing Reflection

Today I commit to one aligned action that honors who I am becoming.

THE
SOVARA
EXPERIENCE